

## Claims:

1. An optical recording method in an optical recording device for recording data on an optical recording medium by an optical pickup, said optical recording method comprising the steps of:

searching a test writing area PCA (Power Calibration Area) that can be used for an OPC (Optimum Power Calibration) on the optical recording medium when the optical recording medium is inserted into the optical recording device and allowing the optical pickup to stand by at that position; and

carrying out an OPC operation at the stand-by position when an input of a recording operation of data is received, moving the optical pickup to a data recording area on the optical recording medium after an optimum power is obtained, and recording the data in the data recording area on the optical recording medium by the optical pickup.

2. The optical recording method according to claim 1, wherein real recording data is recorded in the data recording area by the optical pickup moved to the data recording area on the optical recording medium to obtain a reference value of an R-OPC (Running Optimum Control) and record the data while the R-OPC is performed on the basis of the obtained reference value.

3. The optical recording method according to claim 2, wherein the reference value of the R-OPC is obtained in accordance with a normalization by a normalizing coefficient table read upon inserting an optical disc.

4. An optical recording device for recording data on an optical recording medium by an optical pickup, said optical recording device comprising:

a control means performing a control for searching a test writing area PCA (Power Calibration Area) that can be used for an OPC (Optimum Power Calibration) on the optical recording medium when the optical recording medium is inserted into the optical recording device and allowing the optical pickup to stand by at that position; and carrying out an OPC operation at the stand-by position when an input of a recording operation of data is received, moving the optical pickup to a data recording area on the optical recording medium after an optimum power is obtained, and recording the data in the data recording area on the optical recording medium by the optical pickup.

5. The optical recording device according to claim 4, wherein the control means records real recording data in the data recording area by the optical pickup moved to the data recording area on the optical recording medium to obtain a reference value of an R-OPC (Running Optimum Control) and record the data while the R-OPC is performed on the basis of the obtained reference value.

6. The optical recording device according to claim 5, wherein the reference value of the R-OPC is obtained in accordance with a normalization by a normalizing coefficient table read upon inserting an optical disc.

7. The optical recording device according to any one of claims 4 to 6, further comprising:

an image pick-up means to record a video signal obtained by the image pick-up means on the optical recording medium.